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You searched for: **lookism.net** **frame** **looksmax** We have highlighted matching words that appear in the page below.

Bing is not responsible for the content of this page.

[Looksmax] Wristcels Rejoice: On Increasing Skeletal frame

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**

#1
06-05-2018, 04:54 PM

Unfortunately, there are not many studies documenting how to increase male skeletal **frame** however I have come across some interesting work.

w ww. nejm. org/doi/full/10.1056/NEJM199808273390905#t=article

It has come to my attention that estrogen therapy can increase the mass and density of bones themselves in around 3 years.
At first, I was ecstatic reading these results however they only led to more questions.

If estrogen really does lead to massive skeletal frames then we would see races with higher concentrations of estrogen having larger and denser skeletal frames.

a cademic. oup. com /jcem/article/92/7/2519/2598282

According to this study, blacks have higher estrogen concentration than whites

And this study tells us a cademic . oup . com / jcem/article/82/2/429/2823249
"The greater bone density among black persons may be caused by their higher obesity rate (7), greater **frame** size (7), and greater muscle mass (8). "

While as expected blacks have higher Bone mineral density, it is worrying that BME does not directly translate into bone volume as noted at the end of the study.

This worried me greatly if we only increased BME our efforts would be entirely in vain. My biggest fear is creating an army of wristcel trannies

This looks promising, wristcels could take testosterone enanthate 200-400 Mg, not expensive, and see dramatic changes in the **frame** structure

Facial changes would also be observed, however, it is unknown whether they will be positive or negative.

In the thread discussion on how to avoid becoming too feminine, man boobs ect, are welcome.

I would like to thank user Ugliest for the idea.

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stemcel
Senior Member
Posts: 405
Threads: 4
Joined: May 2018
Reputation: **598**
#2
06-05-2018, 05:29 PM
Too much waffling and raw data. No sane male is going to inject estrogen. Synthetic testosterone for people going through puberty?
Find
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PenileFacialSurgery
Monster Poster
AUTIST
Posts: 6,375
Threads: 310
Joined: Nov 2016
Reputation: **5,261**
Tinder Matches: Zero
Dates: 3
Kisses: 1
Slay Count: Virgin
Relationships: Zero
#3
06-05-2018, 05:32 PM
Brb, injecting estrogen into my cheekbones

@**Comethazine**

@**jimboape**

don't look at me
Find
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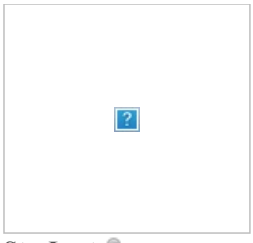

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**
#4
06-05-2018, 05:36 PM (This post was last modified: 06-05-2018, 05:37 PM by StarLust.)

> *(06-05-2018, 05:29 PM)stemcel Wrote:* Too much waffling and raw data. No sane male is going to inject estrogen. Synthetic testosterone for people going through puberty?

Sorry I didn't make it clear. Don't inject estrogen during puberty because if you do then your kinda fucked.

Basically, some studies have shown that Estrogen makes your bones hard and bigger, taking a form of testosterone that brakes down into estrogen in the body can increase all your bones and make them bigger. This effect could give a lot of males the Jaw and the **frame** they want.

Ofc we will be microdosing to avoid BPD and manboobs

Again, this is only for post-puberty males

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Again, this is only for post-puberty males
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jimboape
Senior Member
Posts: 447
Threads: 23
Joined: Apr 2018
Reputation: **1,342**
#5
06-05-2018, 07:09 PM (This post was last modified: 06-05-2018, 07:18 PM by jimboape.)

> *(06-05-2018, 05:32 PM)PenileFacialSurgery Wrote:* Brb, injecting estrogen into my cheekbones
>
> @**Comethazine**
>
> @**jimboape**

Vitamin K2 will do the same thing and better. Flurbiprofen if you really want to, increases radial (thickness) bone growth by 200%. But don't take Flurb just stick with K2 cause I'm not sure if Flurb increases radial bone growth as a function of estrogen or not.
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PenileFacialSurgery
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AUTIST
Posts: 6,375
Threads: 310
Joined: Nov 2016
Reputation: 5,261
Tinder Matches: Zero
Dates: 3
Kisses: 1
Slay Count: Virgin
Relationships: Zero
#6
06-05-2018, 07:11 PM

> *(06-05-2018, 07:09 PM)jimboape Wrote:*
>
> > *(06-05-2018, 05:32 PM)PenileFacialSurgery Wrote:* Brb, injecting estrogen into my cheekbones
> >
> > @Comethazine
> >
> > @jimboape
>
> Vitamin K2 will the same thing and better. Flurbiprofen if you really want to, increases radial (thickness) bone growth by 200%

Was joking, but yooo that's dope, thanks. Will look into the flurbiprofen

don't look at me

Find
Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: 210
#7
06-05-2018, 08:31 PM

> *(06-05-2018, 07:09 PM)jimboape Wrote:*
>
> > *(06-05-2018, 05:32 PM)PenileFacialSurgery Wrote:* Brb, injecting estrogen into my cheekbones
> >
> > @**Comethazine**
> >
> > @**jimboape**
>
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Flurbiprofen effectiveness could be due to an increase in estrogen. Vitamin K is great, I am thinking combining the effects of K2 Flurbiprofen and macrodosing estrogen could build a jaw and zygo's in the subhuman male.

Iif their effects works together this could be the secret to becoming chad.
Find
Reply

Voidepp
Member
Posts: 176
Threads: 18
Joined: Mar 2018
Reputation: **1**
#8
06-05-2018, 08:44 PM
but if it would really work wouldnt someone had proof of it? I doubt it would do anything visible. sadley, if i knew zthis was true i would be so doing it.
Find
Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**
#9
06-05-2018, 09:39 PM

> *(06-05-2018, 08:44 PM)Voidepp Wrote:* but if it would really work wouldnt someone had proof of it? I doubt it would do anything visible. sadley, if i knew zthis was true i would be so doing it.

Sadly no one studies fascial bones because literally no one gives a shit. In the study they studied 3 bones, spine lumbar, wrists ect and found that they increased by around 20% in VOLUME over 3 years with micro dosing of Estrogen.

We can only assume that the fascial bones increased as well.
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Voidepp
Member
Posts: 176
Threads: 18
Joined: Mar 2018
Reputation: **1**
#10
06-05-2018, 09:48 PM
So volume as in density or actual measureable circumference, because that would be really a lot tbh
Find
Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**
#11
06-05-2018, 09:59 PM (This post was last modified: 06-05-2018, 10:02 PM by StarLust.)
Bone mass increased dramatically at all sites. At one year, bone mass in the lumbar spine, femoral neck, and distal radius had increased by 7.7 percent, 9.8 percent, and 6.8 percent, respectively. Increases in bone mass continued, and by three years, the increase was 20.7 percent in the lumbar spine, 15.7 percent in the femoral neck, and 12.9 percent in the distal radius

Bone mass is volume btw not density

https:// www. nejm. org/ doi/full/10.1056/NEJM199808273390905#t=article

also **The patient reported no side effects from estrogen therapy. He did not gain weight, develop gynecomastia, or have mood disturbances. He had no change in libido or sexual orientation.**

It's clear that bone volume / mass is entirely dependent not on TEST like we thought before but estrogen

You know the big meme where fat people lose alot of weight and it's under that there is really good bones. They have good bones because of the estrogen produced by the fat makes their faces look amazing from the bone growth.

Things to note: This is a small study and the patient who was doing it was being treated for having low estrogen. so our results may not be as great

---

Our problem is related to sexual dysmorphism, it would only make sense if the underlying and final solution is related to sex hormones.
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jimboape
Senior Member
Posts: 447
Threads: 23
Joined: Apr 2018
Reputation: **1,342**
#12
06-06-2018, 03:35 AM

(06-05-2018, 08:31 PM)StarLust Wrote:

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Iif their effects works together this could be the secret to becoming chad.

You should be getting an estrogen boost as a result of a testosterone boost otherwise you won't have the necessary DHT to prevent significant feminization from happening.

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Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**
#13
06-06-2018, 09:41 AM (This post was last modified: 06-06-2018, 09:41 AM by StarLust.)

(06-06-2018, 03:35 AM)jimboape Wrote:

> *(06-05-2018, 08:31 PM)StarLust Wrote:* Flurbiprofen effectiveness could be due to an increase in estrogen. Vitamin K is great, I am thinking combining the effects of K2 Flurbiprofen and macrodosing estrogen could build a jaw and zygo's in the subhuman male.
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According to the study no side effects from the estrogen where observed on the male test subject. Further more we will be getting our estrogen from testosterone enanthate.

The feminization risk will always exist however we can mitigate the thread using controlled dosages.

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The feminization risk will always exist however we can mitigate the thread using controlled dosages.

Find
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Rimcel
Super Poster
Posts: 1,279
Threads: 1
Joined: Apr 2018
Reputation: **1,022**
#14
06-06-2018, 10:39 AM
That is a great find OP. Do you think the shoulders will also grow broader?
I ve noticed that many gymcels on roids have significantly broaden their shoulders and looks like not just by the muscle mass
Find
Reply

warmth
Member
Posts: 173
Threads: 4
Joined: Apr 2018
Reputation: **249**
#15
06-06-2018, 11:25 AM
have literally never seen any proof of any of these claims
Find
Reply

tbhngldedsrsbro
Member
Posts: 81
Threads: 1
Joined: Mar 2018
Reputation: **430**
#16
06-06-2018, 12:03 PM
For everyone reading this thread flurbiprofen's mode of action is not through estrogen and does not increase estrogen.
Find
Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018

Reputation: **210**
#17
06-06-2018, 02:04 PM (This post was last modified: 06-06-2018, 02:16 PM by StarLust.)

> *(06-06-2018, 12:03 PM)tbhngldedsrsbro Wrote:* For everyone reading this thread flurbiprofen's mode of action is not through estrogen and does not increase estrogen.

Yeah I got that wrong, my bad I was going to research late at night and I thought there was a correlation between the two.

> *(06-06-2018, 10:39 AM)Rimcel Wrote:* That is a great find OP. Do you think the shoulders will also grow broader?
> I ve noticed that many gymcels on roids have significantly broaden their shoulders and looks like not just by the muscle mass

This would entirely depend on your age, if you are above 21 I don't think It would make that much of a difference as your bones would have already fused.

if you are below 21 then there might be hope

http://www. drmirkin. com/archive/7252.html

This study shows that there is a relationship between high levels of testosterone in the puberty phase and narrow shoulders

At puberty, a boy's body produces large amounts of testosterone which stops bone growth forever. So early puberty limits the width of shoulders

Basically we know that the body must control for estrogen to testosterone ratios so taking more estrogen would lower your test, delaying puberty and giving your bones more time to increase the width of your shoulders

This entirely depends on your age and your currently level of estrogen and testosterone

Even in the first study it states that we are trying to increase **peak bone mass. Basically if you are past the peak bone pass phase you are fucked.**

In the study the patient was 24 year old but his **bone age** was only 14.5 years old, therefor his results where significant. 20% gain in bone size (skeletal **frame**) .
Find
Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**
#18
06-06-2018, 02:58 PM (This post was last modified: 06-06-2018, 02:59 PM by StarLust.)

> *(06-06-2018, 10:39 AM)Rimcel Wrote:* That is a great find OP. Do you think the shoulders will also grow broader?
> I ve noticed that many gymcels on roids have significantly broaden their shoulders and looks like not just by the muscle mass

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2806601/

what is really interesting the the Clavicle (bone the determines shoulder width) is the final bone to fuse and there has been reports of it still growing at 25 years of age. While it is true that 80% of the bone has done growing at 12 years of age, if we can even get 1 inch (hopefully a bit more) out of that final 20% left of growth that would be incredible results

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---

@**ugliest** could you take a look at my thread when you are free, that would be wonderful
Find
Reply

Voidepp
Member
Posts: 176
Threads: 18
Joined: Mar 2018
Reputation: **1**
#19
06-06-2018, 03:13 PM (This post was last modified: 06-06-2018, 03:14 PM by Voidepp.)
how can one determine skeletal age? i suppose xray or something on growth plates? i guess its very expensive if you have no refferal for actual reasons, would just be curious tbh

what i do know is that (either i am denial) my wrists are either than they were like two years ago, i could grasp around with thumb and middlefinger and there was some free room inbetween, now they both touch, still a wristcel ofc, but i swear my wrists somehow thickened. also my shoulders grew broader when i was around 21, tbh i was a huuuuuge framcel when around 14, my arms literally looked like spaghettis, my shoulders are quite broad, broader than my fathers shoulder, though he has much thicker wrists (used to work when for farmers when he was very young, around 10 year olds, so that maybe plays a role too etc). however my facial structure still looks same since maybe 10 years, i have the feeling that growth there was not triggered.

I accepted the fact that i am a pygmy manlet (5.6 foot) since i am 20 (havent grown in height since then), my GF does not seem to have an issue with it, although i sometimes do feel bothered when seeing females heightmogging me, males heightmogging me dont mind too much tbh, although basicly every 14 year old mogs me, when i was 14 i was 4 foot 3 inches no joke. also funnily lot of my classmates who massive heightmogged me back then are now barely taller than i am xD class full of manlets still would wish to get a more robust face since that is what disturbs me most tbh my face is rather oval or potatoe shaped, as seen in my profile pic, if i could grow a beard (just used faceapp for that) it would look somewhat ok, but i feel my face shape to be somewhat feminized or underdeveloped.
Find
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ugliest
balkancel
Posts: 13,041
Threads: 1,480
Joined: Dec 2015
Reputation: **16,647**
Kisses: 100+
Slay Count: 50+ Slayer
Relationships: 20+
#20
06-06-2018, 03:29 PM
Good thread boyo.

Here is what i know of top of my head.

Estrogen = optimal bone thickness but STOPS bones from growing in length.

This can be observed in studies where patients have no aromatase enzymes. Patients are like 6'3 at 14 but their bones are so thin that they can be broken VERY easily.

Those patients are given estrogen and bam, growth in height stops but their bone thickness and muscle mass MASSIVELY improve in matter of weeks. They remain healthy if they keep injecting normal dose E for the rest of their lives.

As for the face, test and E wont do much AT ALL. Some bones will get thicker, yes, if the hefty amount of hormones if injected. But keep in mind that what we kill a good face is caused by bone POSITION. Injecting hormones wont do much to bone position. Bone position is mostly influenced by genetics, gravity(keep mouth open all day and in few years you may have visible gummy smile because your face has fallen because of gravity), nose breathing, overall body posture, brain size...

Bodybuilders have 20 times more hormones than average men yet you see them with recessed chins and ugly faces, that is because sexy face = bone position. Inkecting T or even E for that matter wont bring your chin forward(proof:Cedric Mcmilan). For that you need physics. Pull that shit yourself or let surgeons do that for you.

Find
Reply

StarLust
Newbie
Posts: 21
Threads: 2
Joined: Jun 2018
Reputation: **210**
#21
06-06-2018, 04:16 PM (This post was last modified: 06-06-2018, 04:22 PM by StarLust.)

> *(06-06-2018, 03:29 PM)ugliest Wrote:* Good thread boyo.
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Secondly what happens if you stop taking estrogen (after a long time)? Would your bones start to deteriorate and fuck up and start from square 1 all over again?

Lastly due to the nature of this thread many young wristcels and males with smaller and weaker skeletal frames will be reading

What other drugs should they look into that would help with their condition (both facially and in the body) ?

Many thanks for reading

StarLust

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balkancel
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Joined: Dec 2015
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Kisses: 100+
Slay Count: 50+ Slayer
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06-06-2018, 04:33 PM

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They need to learn to live with it. Bone thickening is a long process. Kids who write with rights arms have thivker pointing finger after they finish with school. Thats how slow the process is.

If you stop the hormones some things will revert back, some wont, just like gyno doesnt go away magically after you stop roids.

Lifting, eating and being in the sun should be a good start for bone thickening.

For bone position change(getting a good face) he only option is surgery.

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jimboape
Senior Member
Posts: 447
Threads: 23
Joined: Apr 2018
Reputation: **1,342**
#23
06-11-2018, 08:58 AM

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According to the study no side effects from the estrogen where observed on the male test subject. Further more we will be getting our estrogen from testosterone enanthate.

The feminization risk will always exist however we can mitigate the thread using controlled dosages.

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